



**A healthy outside
 starts
 from the inside.**

"The groundwork for all happiness is good health." — Leigh Hunt

Dear Parents,

We are excited to announce that MAPS will be organizing "Eat Right Week" from 27th August to 30th August to create health awareness among our students. The objective of these activities is to inculcate healthy eating habits in our little ones through fun and engaging activities. There are series of events to make this week informative and enjoyable for our preschoolers. The schedule of activities are as follows:

S.NO	DATE	ACTIVITY PLANNED	DESCRIPTION
1.	27.08.24	Story Dramatisation	Teachers will dramatize an educational story about the importance of eating right type of food.
2.	28.08.24	Visit to Mart	A guided visit to the local supermarket where children will explore different sections of the store, focusing on fresh fruits and vegetables.
3.	29.08.24	Sprout/ Fruit Chat Party	A fruit chat party/sprout party will be organised where children will make and enjoy delicious fruit salad together.
4.	30.08.24	Yoga Session	A yoga session will be organised for the promotion of good health.

We look forward to your support in making this week a memorable and educational experience for our little ones.